



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SAFETY, SKILL & CONFIDENCE WITH A SPLASH OF FUN

WALDO COUNTY YMCA Swim Lesson Levels

Prerequisite for each level is the successful demonstration of all skills from the previous level.

Ages 6 Months–3 Years

Requires a parent in the water with child

PARENT-CHILD

Activities, songs and games geared towards learning ways to safely enter and exit the water, submerge mouth, nose and eyes, float and glide on front and back with assistance, and much more!

Ages 3–5 Years

Child must be willing to get in water without parent

PS1 PIKE

Through fun and games helps children orient to the aquatic environment and, with practice, gain comfort and independence in and around the water.

PS2 RAY

Geared for children who are comfortable in the water and can completely submerge. Students will begin floating and swimming independently.

PS3 Starfish

These youngsters learn how to stay safe around the water. They will begin treading water and build up to swimming 7 yards independently.

Ages 5–14

5 years old must be currently attending kindergarten

L1 POLLYWOG—Introduction to Water Skills

Designed for new swimmers, helping them to gain comfort in the water by learning to enter and exit the water safely, fully submerge and begin floating and gliding on their front and back.

L2 GUPPY—Fundamental Aquatic Skills

Works towards independently floating, changing position and direction in the water, treading water and swimming 7 yards on front with face in the water and on back.

L3 MINNOW—Stroke Development

Students will be introduced to rotary breathing, headfirst entries from sitting and kneeling positions. They will build up to swimming elementary back-stroke and front and back crawls for 15 yards.

L4 FISH—Stroke Improvement

Swimmers will develop confidence in the strokes previously learned; adds the breaststroke, sidestroke and butterfly. Additional headfirst entries and open turns are learned.

L5 FLYING FISH/L6 SHARK—Stroke Refinement & Skill Proficiency

Provides continued stroke work and further coordination and refinement of all skills. Surface dives, shallow-angle dives and flip turns are learned.

Private Lessons

For youth and adults, customizable lessons providing a one-on-one experience with an instructor.